



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Gäbe, Enrico

Club: SV Kyffhäuser

Number: 62

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 36:39

Speed: 15.96 km/h

Running performance: 3:46 min/km

Rank in course/Total: 4 (of 246)

Rank in course/Men: 4 (of 148)

Best time in course: 33:48

Rank in category: 1(of 13)

Best time in the category: 36:39

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.25	11:15	3:27	1	-	3	0:44	3.25	11:15	3:27	1	-	3	0:44
Lap 2	3.25	12:52	3:57	1	-	5	1:21	6.50	24:07	3:42	1	-	4	2:05
Last lap Finish	3.25	12:32	3:51	1	-	4	0:53	9.75	36:39	3:45	1	-	4	2:51